



HALF AN **AVOCADO** A WEEK IS ASSOCIATED WITH **DECREASED RISK OF CANCER** AMONG MEN IN A 30-YEAR STUDY

The American Cancer Society estimates that 40 out of 100 men and 39 out of 100 women in the United States will develop cancer during their lifetime.¹ Furthermore, cancer is the second leading cause of death in the United States.²

LARGE PROSPECTIVE STUDY EVALUATES AVOCADO INTAKE & CANCER RISK

An observational study³ among 45,289 men from the Health Professionals Follow-Up Study (HPFS) and 67,039 women from the Nurses' Health Study (NHS) assessed the relationship between eating avocado and cancer risk. Among this sample, regular avocado intake was determined by self-administered food frequency questionnaire every two years. **Regular avocado consumption, defined as a half-cup or one half of an avocado at least once a week**, was relatively low in both samples. Sixteen percent of men regularly consumed avocado, while only 5% of the women did.

Regular weekly consumption of avocado, as defined above, was associated with a lower rate of total cancer among men, compared to never or rarely (≤ 1 per month) consuming avocado. Males consuming avocado regularly also had a decreased risk of colorectal cancer, lung cancer, and bladder cancer.



Risk reduction for cancer types among men who regularly consume avocado compared to men who never or rarely consume avocado.



Grilled Rosemary Chicken Sandwich

Total cancer	↓ 15%
Bladder cancer	↓ 28%
Colorectal cancer	↓ 29%
Lung cancer	↓ 29%

Eating avocado was not associated with risk of melanoma, non-Hodgkin lymphoma, or aggressive prostate cancer among this sample of men.



Among women enrolled in the NHS, regular weekly consumption of avocado was not associated with total, endometrial, or ovarian cancer risk. In the NHS Study, women who consumed a half-cup or one half of an avocado at least once a week had an increased risk of breast cancer, compared to those who never or rarely (≤ 1 per month) consumed avocado. In comparison women in the Nurses' Health Study II (n=93,230 women), comprised of a younger sample (ages 25 to 42 compared to 30 to 55 years old in NHS), there was no association between avocado consumption and breast cancer risk. The researchers note the surprising association among the older sample from NHS could be due to random chance, based on this finding in the younger cohort and prior studies demonstrating an inverse relationship between dietary monounsaturated fats and breast cancer risk.^{4,5}

Strengths of the study include the prospective design and large sample sizes from three independent cohorts. Yet, the findings from this study cannot be considered causal or generalized to larger, diverse populations. These results support a growing body of evidence on the role of avocados in health.

HEALTHY EATING PATTERNS MAY PROTECT AGAINST SOME CANCERS

Eating a diet rich in some vegetables and fruits, as part of an overall healthy diet, may protect against certain types of cancers. According to the American Institute for Cancer Research, non-starchy vegetables and fruits like avocado may protect against cancers of the mouth, pharynx, larynx, esophagus, colon, rectum, and stomach.

Consuming foods that contain dietary fiber is associated with a decreased risk of colorectal cancer. In addition, healthy eating patterns including plenty of fruits and vegetables and unsaturated fats are associated with better breast and colorectal cancer outcomes.

One third of a medium avocado contains **5 grams of monounsaturated fat** and **3 grams of fiber**.



References:

1. American Cancer Society. Cancer Facts & Figures 2022. Atlanta: American Cancer Society; 2022.
2. Centers for Disease Control and Prevention. Leading Causes of Death. Atlanta, GA: U.S. Department of Health and Human Services; 2022. Accessed January 19, 2023.
3. Ericsson, et al. Prospective study of avocado consumption and cancer risk in US men and women. Cancer Prev Res (Phila). 2022.

TIPS FOR YOUR PATIENTS ON HEALTHY EATING



Avocados contribute **nearly 20 vitamins, minerals, and beneficial plant compounds** that can enhance the patient's dietary nutrient quality.

YOUR PATIENTS CAN ENJOY NUTRIENT-DENSE, VERSATILE AVOCADOS ALONE OR IN A VARIETY OF TASTY RECIPES THROUGHOUT THE DAY!

Plan ahead for busy mornings. Make **Avocado Berry Blender Muffins** to have a grab-and-go breakfast on hand.



When building a burger, try a plant-based option! These **Avocado Veggie Burgers** are full of flavor and a good source of fiber.



At snack time, make a delicious dip with avocado for healthy fats and fiber. Pair this **Spicy Avocado Snack** with fresh veggies.

